

Eastern Illinois University

The Keep

October

2019

10-8-2019

Daily Eastern News: October 08, 2019

Eastern Illinois University

Follow this and additional works at: https://thekeep.eiu.edu/den_2019_oct

Recommended Citation

Eastern Illinois University, "Daily Eastern News: October 08, 2019" (2019). *October*. 6.
https://thekeep.eiu.edu/den_2019_oct/6

This Book is brought to you for free and open access by the 2019 at The Keep. It has been accepted for inclusion in October by an authorized administrator of The Keep. For more information, please contact tabruns@eiu.edu.

RACE IN HEALTH CARE

Three speakers delivered a talk on Tuesday about how race plays into American health care. w

PAGE 3



IN-STATE BATTLE

The Eastern men's soccer team will play Northern Illinois on Tuesday.

PAGE 8

THE DAILY EASTERN NEWS

Tuesday, October 8, 2019

"TELL THE TRUTH AND DON'T BE AFRAID"

VOL. 104 | NO. 32

CELEBRATING A CENTURY OF COVERAGE

EST. 1915

WWW.DAILYEASTERNNEWS.COM

Dual-Credit Day giveaway



Ali Kirk, a kinesiology and sports studies junior, and Faith Morris, a public relations junior, wait in Dounda Hall to give out t-shirts to high school students for Dual Credit Day.

KARINA DELGADO | THE DAILY EASTERN NEWS

Le pleads not guilty to felony charges

Corryn Brock
News Editor | @corryn_brock

An Eastern student who has been accused of two Class X, one Class Three and one Class One felony pleaded not guilty to charges that could bring up to 50 years in prison Monday at the Coles County Courthouse.

Jenny Le, a 25-year-old biological sciences major, is accused of possessing 5,178 grams of marijuana and 600 doses of lysergic acid diethylamide, commonly known as LSD, with intent to deliver.

During the court appearance Monday Le's defense attorney Sean Britton told Coles County Circuit Judge James Glenn that Le would be waiving her right to a preliminary hearing on the charges against her.

Le also requested a jury trial.

Le's bond was set at \$75,000, and she posted 10 percent, \$7,500, on Oct. 1.

More than \$110,000 worth of drugs were located during the execution of a search warrant at 1132 Sixth St. on Sept. 30, according to the affidavit.

Some items found at the residence include:

- 5,178 grams of marijuana, estimated street value of \$103,560
 - 718 serrated parts of LSD, estimated street value of \$5,026
 - 999 tablets of Xanax, estimated street value of \$1,198
 - 761 grams of edibles containing cannabis
 - 253 THC vape pen cartridges
 - 31.4 grams of cannabis wax
 - 45 individually packaged cannabis blunts
 - Two bottles of Alprazolam (a medicine used to treat anxiety and panic disorders),
 - A bottle of Clonazepam (a medicine used to treat seizures, panic disorder and anxiety)
 - A bottle of the muscle relaxant Cyclobenzaprine
 - 4.6 grams psilocybin mushrooms
- Items seized from the residence were taken to the East Central Illinois Task Force office and placed in a vault.

A status hearing has been set for Oct. 24.

Corryn Brock can be reached at 581-2812 or at cebrock@eiu.edu.

HERC hosting annual health fair

By Hannah Shillo
Associate News Editor | @DEN_news

Faculty, staff, students and retirees can "fall into wellness" from 10 a.m. to 4 p.m. Tuesday in the Martin Luther King Jr. University Union at the annual health fair and flu shot clinic hosted by the Health Education Resource Center.

Students must bring their panther cards to the University Ballroom for their free flu vaccinations provided by the Health and Counseling Services Medical Clinic.

Faculty, staff and retirees can get their vaccines in the Grand Ballroom from the Coles County Health Department and are asked by Health and Counseling Services to bring their panther cards and valid insurance or Medicare cards.

Abby Fisher, financial health coordinator at the Health Education Resource Center and graduate student studying counseling, said getting vaccinated is essential in preventing the flu and encouraged everyone to take advantage of the opportunity provided.

"Especially living in the residence halls and being in class all the time it's really easy to get

sick and get the flu," Fisher said. "Getting the flu shot is just preventing that and helping everybody to stay healthy and sickness-free in the winter months."

The main purpose of the health fair, Fisher said, is to inform students of all the health-related resources available to them both on and off campus.

"There's a lot of different areas of health and there's a lot of things available to them that they might not know about," Fisher said.

HERC, page 5

Talk on HIV to be held in Booth Library

By Analicia Haynes
Senior Reporter | @Haynes1943

Booth Library is hosting a lecture from 4 p.m. to 6 p.m. Tuesday titled "The HIV Crisis in America: The Long Road to Action."

Shelia Simons, a professor in the Department of Health Promotion, will present the lecture in Room 4440 of Booth.

The lecture is part of the library's exhibit called "For All the People: A Century of Citizen Action in Health Care Reform," which is on display until Nov. 2.

Simons said she will talk a little bit about the HIV/AIDS timeline and identify several significant events and cases such as when the first confirmed case was reported, the first confirmed death in America and when it was first mentioned in main-stream media.

Following a discussion on the timeline of events, Simons said she will talk about citizen action groups and how they helped lead the way in making sure HIV/AIDS epidemic was

a priority in America.

According to information in a flyer for the event, the HIV/AIDS epidemic in the United States has a long history with offerings of important lessons for practitioners and public alike.

"Building upon the momentum of the 1969 Stonewall Riots, the gay community formed citizen action groups in cities across the nation," the flyer read. "Citizen action became especially necessary as the federal response to HIV/AIDS research and policy stalled. Initially, these citizen action groups worked to educate gay men about Hepatitis B and promote research on sexually transmitted diseases."

Simons, a specialist in the field of epidemiology and human diseases, said the first documented case of HIV was reported in 1959 with the first U.S. death reported in Saint Louis in 1969. However, she said it was not until 1981 when the main-stream media began reporting on the virus.

In the 1980s when talk of the virus went main-stream, Simons said people and the American government focused on ignorance and fear surrounding the HIV/AIDS epidemic and because of that fear nobody talked about it or sought to find a solution even though the virus lead to many deaths.

Then she said the media at that time started saying that members of the "4-H Club," which stood for people who were homosexuals, hemophiliacs, Haitians and heroin users, were the only ones who got the virus and people started calling the virus "GRID," or "Gay Related Immune Disease."

She said when that started to happen in the early '80s, that is when the country started seeing more citizen action groups like the Aids Project emerge as a way to counter the ignorance and fear with education about the virus.

HIV, page 5

BLM activist speaks at Eastern

By Allison Little
Staff Reporter | @DEN_news

Black Lives Matter activist DeRay McKesson gave a presentation called "Race in American Politics" in the Dvorak Concert Hall in the Doudna Fine Arts Center on Monday.

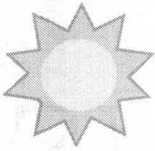
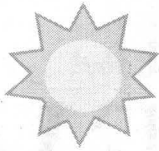
He spoke on police violence, activism and the problems with public prisons, but the main theme of the presentation was that many of these problems could be solved by tackling the major issues of poverty and addiction.

Madison Wiedeman, a sophomore majoring in elementary education said that the presentation was inspirational.

BLM, page 5

Local weather

TUESDAY WEDNESDAY

Sunny
High: 73°
Low: 46°Sunny
High: 74°
Low: 54°THE DAILY
EASTERN NEWS*"Tell the truth and don't be afraid."*The Daily Eastern News
1802 Buzzard Hall
Eastern Illinois University
Charleston, IL 61920
217-581-2812
217-581-2923 (fax)

News Staff

Editor-in-Chief
JJ Bullock
DENeic@gmail.com**Managing Editor**
Logan Raschke
DENmanaging@gmail.com**News Editor**
Coryn Brock
dennewsdesk@gmail.com**Associate News Editor**
Hannah Shillo
dennewsdesk@gmail.com**Photo Editor**
Elizabeth Wood
DENphotodesk@gmail.com**Assistant Photo Editor**
Karina Delgado
DENphotodesk@gmail.com**Sports Editor**
Dillan Schorfheide**Assistant Sports Editor**
Oscar Rzedkiewicz

Advertising Staff

Faculty Advisers
Editorial Adviser
Lola Burnham**Photo Adviser**
Brian Poulter**Website Adviser**
Brian Poulter**Publisher**
Lola Burnham**Business Manager**
Betsy Jewell**Press Supervisor**
Tom Roberts**Night Staff for this issue****Night Chief**
JJ Bullock**Copy Editors**
Alyssa Marino**Sports Designer**
Blake Faith

Get social with The Daily Eastern News

The Daily Eastern News

dailyeasternnews

@DEN_News

Visit our website: dailyeasternnews.com

About

The Daily Eastern News is produced by the students of Eastern Illinois University. It is published daily Monday through Friday, in Charleston, Ill., during fall and spring semesters and online during the summer term except during university vacations or examinations. One copy per day is free to students and faculty. Additional copies can be obtained for 50 cents each in the Student Publications Office in Buzzard Hall.

Advertising

To place an advertisement or classified ad in The Daily Eastern News, call the ads office at 581-2812 or fax 581-2923. Visit our online advertisements at dailyeasternnews.com/classifieds.

Comments / Tips

Contact any of the above staff members if you believe your information is relevant.

Corrections

The Daily Eastern News is committed to accuracy in its coverage of the news. Any factual error the staff finds or is made aware of by its readers will be corrected as promptly as possible. Please report any factual error you find to Editor-in-Chief JJ Bullock at 581-2812.

Employment

If you would like to work for The Daily Eastern News as a reporter, photographer, columnist, cartoonist, copy editor, designer or videographer, please visit at the newsroom at 1811 Buzzard Hall.



Printed by Eastern Illinois University on soy ink and recycled paper.

Attention postmaster: Send address changes to:
The Daily Eastern News
1802 Buzzard Hall
Eastern Illinois University
Charleston, IL 61920

STATE AND NATION

THE ASSOCIATED PRESS

FBI: Inmate is most prolific serial killer in US history

ST. PETERSBURG, Fla. (AP) — The inmate who claims to have killed more than 90 women across the country is now considered to be the most prolific serial killer in U.S. history, the Federal Bureau of Investigation said.

Samuel Little, who has been behind bars since 2012, told investigators last year that he was responsible for about 90 killings nationwide between 1970 and 2005. In a news release on Sunday, the FBI announced that federal crime analysts believe all of his confessions are credible, and officials have been able to verify 50 confessions so far.

Investigators also provided new information and details about five cases in Florida, Arkansas, Kentucky, Nevada and Louisiana.

The 79-year-old Little is serving multiple life sentences in California. He says he strangled his 93 victims, nearly all of them women.

Some of his victims were on the margins of society. Many were originally deemed overdoses, or attributed to accidental or undetermined causes. Some bodies were never found.

The FBI provided 30 drawings of

some of his victims — color portraits that were drawn by Little himself in prison. They are haunting portraits, mostly of black women.

The agency also provided videos taken during prison interviews with Little. He described how he spoke about a woman he strangled in 1993 — and how he rolled her down a slope on a desolate road.

In another video, he described a victim in New Orleans. "She was pretty. Light colored, honey brown skin," he said with a small smile. "She was tall for a woman. Beautiful shape. And, uh, friendly."

It was 1982, and they met in a club. She left with him in his Lincoln, and they parked by a bayou.

Investigators around the country are still trying to piece together his confessions with unidentified remains and unsolved cases from decades past. In August, he pleaded guilty to murdering four women in Ohio. He was convicted in California of three slayings in 2013 and pleaded guilty to another killing last year in Texas.

Authorities in Knox County, Tennessee, said Monday that a woman named Martha Cunningham was

likely a victim of Little's.

The Knoxville News Sentinel reported in December that a cold case investigator with the Knox County Sheriff's Office had identified the victim who Little called "Martha." The Knoxville mother's body was found in a wooded area in eastern Knox County in 1975.

Cunningham's body was found by a pair of hunters on the afternoon of Jan. 18, 1975. She was bruised and nude from the waist down; her pantyhose and girdle bunched around her knees. Her purse and some of her jewelry were missing. Her body appeared to have been dragged into the woods and dumped behind a pine tree, authorities said at the time.

Despite that evidence, detectives at the time attributed Cunningham's death to natural causes within a day of the discovery. The medical examiner's investigative report lists the probable cause of death as "unknown."

Cunningham was a talented singer and pianist who grew up performing with her parents and her six younger siblings in a gospel group known as the Happy Home Jubilee Singers.

Kroger, Walgreens to stop selling e-cigarettes in US

NEW YORK (AP) — Two major retailers say they will no longer sell e-cigarettes in the U.S. amid mounting health questions surrounding vaping.

Supermarket chain Kroger and drugstore chain Walgreens announced Monday they would discontinue sales of e-cigarettes at their stores nationwide, citing an uncertain regulatory environment.

The vaping industry has come under scrutiny after hundreds of people have fallen ill and at least eight have died after using vaping devices.

Walmart announced last month that it would stop selling e-cigarettes at its stores nationwide.

Kroger said it would stop selling e-cigarettes as soon as its current inventory runs out at its more than 2,700 stores and 1,500 fuel centers. The Cincinnati-based company operates the Ralphs, Harris Teeter and other stores.

Walgreens, based in Deerfield, Illinois, operates more than 9,500 stores in the U.S.

Woman hides in store's ceiling to avoid shoplifting arrest

PORT CHARLOTTE, Fla. (AP) — A Florida woman faces multiple charges after authorities say she climbed into the ceiling of a Big Lots store to avoid a shoplifting arrest.

A Charlotte County Sheriff's Office news release says 37-year-old Kristina Perkins went into the store's restroom on Friday and removed some tiles so she could climb into the ceiling.

Deputies removed tiles from several spots in a five-hour effort to catch Perkins. The news release says she ignored commands to come down and instead moved to other sections of the ceiling. A deputy stayed behind when the search was called off and saw Perkins climbing down from the ceiling.

She was arrested on charges of criminal mischief, petit theft and resisting law enforcement. A lawyer wasn't listed on jail records.

Load of frozen bagels scorched when semi's axle catches fire

RENSSELAER, Ind. (AP) — A load of frozen bagels ended up toasted and strewn along a northwestern Indiana highway after a semi-trailer's rear axle caught fire.

State police say an off-duty trooper noticed smoke pouring from the rear of a box trailer being hauled Sunday

evening by a semi along northbound Interstate 65.

The southbound trooper turned around, but by the time he stopped the truck south of I-65's Rensselaer exit, its trailer's brakes were burning as the flames spread into its 38,000-pound load of frozen bagels.

Police say the driver of the truck owned by Balkan Logistics Group out of Countryside, Illinois, had failed to release the trailer's rear brakes.

He disconnected his rig from the trailer before its rear tires exploded from the fire's heat. Local fire crews then doused the flames.

Woman dies after fall at Garden of the Gods

EVANSVILLE, Ind. (AP) — An Evansville, Indiana, woman has died after falling from a cliff at Garden of the Gods in the Shawnee National Forest in southern Illinois.

Equality, Illinois, Fire Chief Cole Baker says 36-year-old Sara

Rappee fell about 60 feet around 6 p.m. Saturday.

Baker tells the Evansville Courier & Press another hiker heard Rappee fall and called 911. He says someone had been hiking with Rappee but no one saw her fall.

Baker said Rappee fell from the

cliff overlooking Camel Rock. He says rescue personnel hiked into a ravine to get to Rappee and she was airlifted to an Evansville hospital.

The Vanderburgh County Coroner's Office says she died around 3 a.m. Sunday.

TODAY ON CAMPUS

How to Research Employers & Why It's Important | 1:00 - 2:00 PM | 1301 Human Services Center
Applying for jobs and internships should not be like going on a blind date! Learn how to research employers, what to look for and how to use this critical knowledge to your advantage. Reservations Required. Call (217) 581-2412 or RSVP at eiu-csm.symplicity.com/students/

Presenting Your Thesis (To the World) with Todd Bruns | 6:30 - 7:30 PM | Room 4440, Booth Library
Topics to be covered include: What happens to your thesis after you submit it? Common pitfalls to avoid when preparing your thesis. How to optimize discovery of your thesis with metadata. Register for free at library.eiu.edu/instruction/thesis101.html

Student Rec Center | Open 5:30 AM - 11:00 PM
The Student Rec Center offers six basketball courts, 1/8 mile suspended jogging track, two free-weight areas, cardio machines, and a student lounge.

Booth Library | Open 8:00 AM - Midnight
Utilize study spaces and check out books, movies and music.

Speakers deliver speech about race in health care

By Analicia Haynes
Senior Reporter | @Haynes1943

"Doctor, I just want you to treat him as if he were a white baby."

That is what a grandmother told James Hildebrandt when he was training in emergency medicine at Bethany Hospital on the west side of Chicago.

The mother of the 2-month-old baby with a fever was in tears, he said, and would not look at him when the grandmother said this to him and asked him if he could also not experiment on her grandchild.

"She wasn't being mean, she wasn't angry with me, she wasn't trying to insult me, she was really worried that I would treat that baby differently because of the color of his skin and that just hit me like a ton of bricks," Hildebrandt said. "I was like, 'My God to have to be afraid of that happening to you.' She was afraid of what I was going to do, that I was going to experiment on the baby. It just broke my heart."

The baby was fine, and Hildebrandt said that experience stuck with him for the rest of his life because for a while he asked why that family would think that.

"I was not equipped to understand those emotions I guess at that point in my life," he said. "But it was something that really made me think and I guess it changed the way I look at things now."

Hildebrandt, who is now the vice president of medical affairs at Sarah Bush Lincoln, shared this story and talked about several of his personal experiences dealing with race dis-

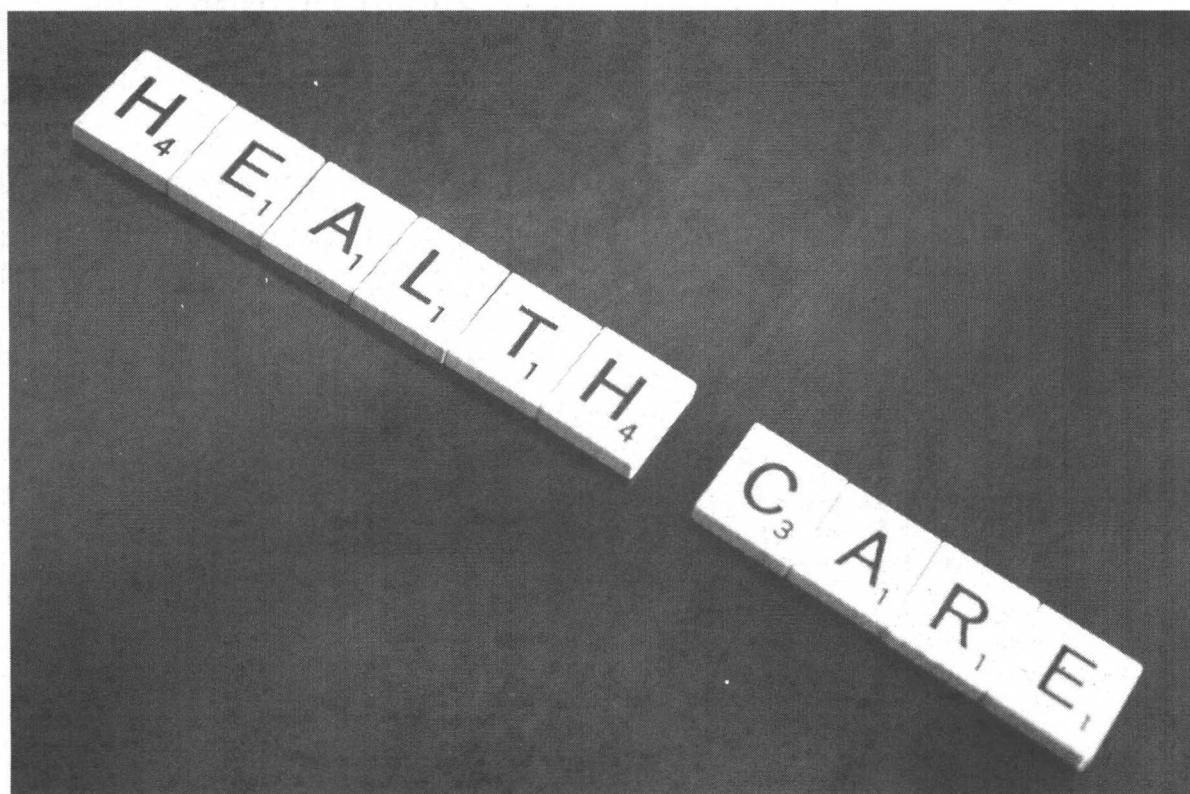


PHOTO COURTESY OF CREATIVE COMMONS

Three speakers delivered a speech on Monday about how race plays a factor into how people are treated in hospitals in the United States.

parities in health care. He said he also told them to get the audience thinking about real life implications on what racial disparities in health care look like.

He was one of three speakers presenting a lecture Monday afternoon called "Race in U.S. Health Care."

He shared his story to describe what "woke him up" as far as understanding what some of these problems are and how he was able to put himself in someone else's shoes.

He also outlined studies and research highlighting the current state

of race in health care and causes of those disparities.

Ozlem H. Ersin, dean of the College of Health and Human Services, and Doris Nordin, a campus minister at the Newman Catholic Center, were the other two presenters.

Ersin focused what she called the bigger picture of inequities in U.S. Health Care, outlining different studies and explaining the difference between disparity and inequity.

Nordin talked about her personal experiences within the Latino/Latina community in Charleston and iden-

tified problems that this group faces when trying to find necessary health care and the obstacles they constantly must overcome.

According to the Boston Public Health Commission website, health disparities are "differences in the presence of disease, health outcomes or access to health care between population groups."

"Health inequities, on the other hand, are differences in health that are not only unnecessary and avoidable but, in addition, are considered unfair and unjust. Health inequities are root-

ed in social injustices that make some population groups more vulnerable to poor health than other groups," according to the Boston Public Health Commission website.

Ersin said health inequities and health disparities are not the same. She said health inequities are layered onto health disparities, they are ideas that state there is something systematically wrong that is causing the health disparities. But she said the inequities are avoidable and are fundamentally unjust.

Ersin said the World Health Organization definition of health is the state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

"That's really important to keep in mind, so when we're talking about health inequities in this country, we're not only talking about everybody being free of diseases but also being able to live up to their full potential as human beings," she said. "And when we say health care, we're talking about an organized endeavor to maintain health and well-being as well as restore it when such is not evident."

Ersin outlined three takeaways in her presentation. One of them was that in this country health inequities do exist, the second takeaway is that the way health inequities are measured in the U.S. are based on faulty ways of looking at individuals and trying to lump them into categories and buckets, and the third one is that inequity in health care is not a problem without a solution.

A full version of this story can be found at www.dailyeasternnews.com

ATTENTION

seniors

Now is the time to get
your Senior Pictures!

SEPTEMBER 23 - OCTOBER 4

Book online at www.laurenstudios.com

Use "Panthers" for your Client ID.

Questions? Call 581-2812

Want More
Daily
Eastern
News?

FIND
US

ONLINE AT

www.dailyeasternnews.com/

STAFF EDITORIAL

Don't fall to seasonal blues

It is the beginning of October. The sky is starting to get darker earlier at night, and we all know what is approaching: seasonal depression.

Many people suffer from a severe and crippling depression, known as seasonal affective disorder, during this time of year.

It is easy for this to happen, as the weather is changing to cooler temperatures, there is a lack of sunlight and the opportunity to get out and do more activities starts to decrease.

It is commonly thought that seasonal depression really does not hit until the winter months, such as December.

We at *The Daily Eastern News* want to remind everyone that it can start as early as this month.

Depression is an illness that should not be taken lightly, and we want to encourage everyone to be aware of it, as it becomes more prominent during this time of year.

What do most people do when they are depressed? That's right. They isolate themselves from the outside world.

We want to encourage those of you who may be struck by the crippling seasonal blues to avoid isolation as much as possible.

Sure, there will be days that you just do not feel like even getting out of bed, but it should become a challenge for you to at least try and do it.

Often times during this time of year, we find ourselves sleeping more than usual, as the fall weather can be so calm and soothing for people.

Sleep is a good thing, but not when it becomes your whole day.

We want to bring this to everyone's attention so they understand what to expect with seasonal depression, as some can be hit with it out of nowhere and they often feel helpless.

If you feel like this in any way, please make it your top priority to seek help.

Reach out to your friends, family, peers and even counseling for guidance on how to persevere and make it through what some have described as the "worst depression" of the year.

Because of seasonal depression having affected so many people on a yearly basis, they tend to not even try to enjoy fall at all.

Why not change how you feel about fall, and try to enjoy the many activities that come with it?

Grab some friends and head on out to a pumpkin patch or even a haunted house.

Turn on some Halloween movies and pop some popcorn on a Friday evening with friends and enjoy the thrill of all the scary movies that so many love to see.

Believe it or not, you are much stronger than this crippling disease and it is possible to overcome the rough days that you may face during this time of year.

As rough as you may feel, you can overcome anything you put your mind to.

Please do not shut out your loved ones, as they care a lot about your well-being.

With the first symptoms of seasonal depression, it is important to do something about it as soon as possible.

Rough days may be ahead for most of us, but we have to remember that we are strong individuals who can do whatever it takes to get through them.

This too shall pass.

The daily editorial is the majority opinion of the editorial board of *The Daily Eastern News*.

Saving money



Scary movies have lost scary factors

If anything, these scary movies, or horror movies, should only be called scary based off their trailers.

Every time one of these new scary movies releases its trailer, everyone overreacts and freaks out over how scary the movie will be based on the trailer.

One recent example, for me, is the trailer for "The Nun."

Facebook and Twitter comments would have made you believe the movie was already the scariest of all time without even being released.

The trailer gave me a lot of hope that it would be a good, creepy thriller that would make me jump out of my socks in fear.

But the movie turned out to be very predictable with its jump scares, and even the scenes that tried to forcibly be scary were just bland.

You knew it was a creepy-looking nun coming out of the darkness; there was no surprise factor there.

Do not get me wrong; I want to be scared.

I want to watch a movie that will make me be scared to go to bed and close my eyes.

I want to see a film that will make me want to keep all the lights on that night when I go



Dillan Schorfheide

to bed.

The "classic" horror movies everyone says was scary when it debuted in the 1970s and 1980s is outdated to an extent, so the scare factor from 30 or 40 years ago does not exactly work the same today.

There are some stand-alone movies, or movies done by smaller studios or producers, that are OK, but even they are not great because of a lack of resources.

So, what are these horror movies missing?

Why are they lacking the scary factor?

I think jump scares should be used as little as possible because they are becoming too predictable.

Their purpose is not to drive the movie, but they are overused.

It is at the point where the movie will set up a jump scare, say where somebody opens a door, and the audience expects a monster to jump out. But, instead of it jumping out when the door opens, the camera pans to show behind the character, where the monster then jumps out.

Now, we can easily predict the fake outs, or the fake fake outs.

Also, using dark settings is overdone. Seriously, we have seen too many dark churches, houses or asylums.

I am not the movie director to fix the horror genre, but I am a moviegoer who is more scared of an impending financial recession than the movies that are actually supposed to be scary.

Dillan Schorfheide is a senior journalism major. He can be reached at 581-2812 or at dtschorfheide@eu.edu.

Embrace your natural beauty and looks

Last summer, I competed in my county pageant. Before you jump to any conclusions, I am only going to highlight the interviewing portion of my pageantry experience. I had to sit, back straight and hands nicely folded on my wrinkle-free skirt, as a table of three judges expeditiously asked me all sorts of questions. It was a very intimidating process of sticking to my morals and hoping they found it appealing. One question, in particular lingered in my mind long after the crown was announced. "Do you think young women in today's society are negatively affected by social media and magazines?"

Yes, I deeply believe that young women in today's society are negatively affected by social media and magazines. During this stage when girls are transitioning into young women, they are easily impressed, persuaded and influenced. Life is very confusing during this time, and young women don't even know who they are, so how are they supposed to know who they want to be?

Glossy magazines with covers of thin, exposed women with flawless features are enough to make girls subconscious about their full cheeks and hairy arms. Instagram posts of pretty girls with per-



Jaidyn Yarber

fect hair and highlighted cheekbones manipulate a pointless double-tap into hours of scrolling and a harmful habit of comparing. It's gotten to the point where big celebrities make public statements warning young women about the dangers of being influenced by this propaganda. I don't think it's fair for big medias to hide the natural beauty of being a woman; I get tired of the airbrushed and unrealistic images that abandon the significance of being who you are.

There's a difference between a girl wanting to do

her makeup to look nice and a girl feeling like she needs makeup to look nice. There's a difference between a girl using a Snapchat filter and a girl editing her pics to look skinnier for Instagram. There are boundaries between insecurity and confidence, and with the universal pressure of women to look a certain way — it's easy to feel insecure. I praise those who find confidence in themselves. Hang onto that and don't let anyone dull your sparkle. Women are powerful; we all look different. We weren't made to be in uniform; we're all unique.

Embrace your freckles, acne and birthmarks. Our bodies don't define who we are, and anyone who makes you feel differently is just as bad as the glossy magazines and faceted pictures that mask the true beauty of being unapologetically you. Participating in a pageant encouraged me to have more confidence in myself, and it taught me that every girl and woman deserves a crown. Compete with no one and be your own queen in this beauty pageant world.

Jaidyn Yarber is a freshman English major. She can be reached at 581-2812 or at jayarber@eu.edu.

Editorial Board

Editor-in-Chief
JJ Bullock

Managing Editor
Logan Raschke

News Editor
Corryn Brock

Associate News Editor
Hannah Shillo

Opinions Editor
Andrew Paisley

Sports Editor
Dillan Schorfheide

Assistant Sports Editor
Oscar Rzodkiewicz

Photo Editor
Lizzy Wood

Assistant Photo Editor
Karina Delgado

» HIV

CONTINUED FROM PAGE 1

According to the flyer, many of those citizen action groups began to produce sex-positive, norm-based prevention programs that "curtailed infection rates among gay men within the first three years of the epidemic."

Also, the passage of the Ryan White Comprehensive AIDS Resources Emergency (CARE) Act opened the next chapter of the American HIV/AIDS story, which saw the transition from a nascent, largely reactive national response to a more forward-looking approach, according to the flyer.

Simons said those coalitions did more to raise awareness for the epidemic than the actual government at the time and part of the reason the government did not do anything about it at first was because they did not see it as a necessary

priority.

"The one thing in public health...the one thing we need to do is prove that (any virus or disease like AIDS or the Flu) is important to public health, you have to show that an intervention is necessary," Simons said.

Simons said these groups also helped encourage research for medications for the virus, something she said she will also talk about during the lecture.

In addition to talking about the timeline and citizen groups, Simons said she will also talk about the role of the Centers for Disease Control and Prevention in this epidemic, medications for the virus, how far science has come in trying to find a cure and what people can do in terms of prevention.

She said she will also answer any

questions she can on HIV regarding treatments, prevention and the timeline.

The lecture is free and open to the public.

Simons serves as a Certified Reporter for EpiCore, a disease notification dissemination service associated with ProMED (Program for Monitoring Emerging Diseases).

She is also the graduate coordinator in the Department of Health Promotion and teaches Principles of Epidemiology and Epidemiology in Public Health.

She joined the Department of Health Promotion Faculty in August of 1992.

Analicia Haynes can be reached at 581-2812 or achaynes@eiu.edu.

» HERC

CONTINUED FROM PAGE 1

Fisher said she planned the fair with two other graduate assistants over the course of two months and the planning process involved researching what exhibits were at the past fairs so they could include old and new organizations at this year's fair.

She said there will be approximately 25 presenters this year.

"There's the side of the health fair with the flu shot and everything like that but then we have all of the tables," Fisher said. "There's lots of different things. We have a few HERC tables that will be talking about nutrition, finances, dealing with stress and

mental health."

Fisher said being aware of mental health is important, so counseling services will provide information.

The nutrition department from the Health Education Resource Center will also be available.

The Assessment, Testing and Prescription Lab will be at the event demonstrating how the graduate students in the program perform basic tests to determine one's health and fitness.

In addition to those exhibits, Fisher said people have the option to donate blood at the blood drive set up at the fair.

"All of these different programs, organizations and businesses are here to help you be your best self and to help you live healthy lifestyles, not just focus on one aspect of health, like getting your flu shot, but also nutrition, exercise and donating your blood in some cases," Fisher said. "There's a lot of things that go into being healthy and this raises awareness to all of those different aspects and gives faculty and staff the information they need."

Hannah Shillo can be reached at 581-2812 or hlshillo@eiu.edu.

» BLM

CONTINUED FROM PAGE 1

"I thought it was kind of like eye-opening to see somebody who's gone through all of the protests and met the president and is actually trying to make the big things happen," Wiedeman said. "You don't ever really hear about the people who are trying to advocate for (racial minorities) you mostly hear the violence caused in that community. It's kind of nice to see, like, this is what this man is doing to help change all of that."

Marcus Powell, a junior political science major, said he thought the presentation was impactful because it showed a different side of the issues.

"I felt like he opened a lot of people's eyes because a lot of people don't get to see the other side, they don't get to see what people think and what we feel and what we are going through as a black community," Powell said. "I feel like he stood up and gave a different outlook on what the black community needs and what different minorities need and I think it was a great presentation."

Taylor Brownfield, a senior political science major, said she felt that all people could benefit from the presentation.

"I feel like it raised awareness for all minorities on campus and it wasn't just for the black community," Brownfield said. "It was just a great presentation for everyone about the problems we face every day."

Besides the content of the presentation, students liked McKesson's delivery and his speaking style.

Wiedeman said McKesson's speaking style was more casual and made the presentation more relatable.

"I think he talked to us like we were real people and it wasn't really formal," Wiedeman said. "The things he said and the words he used were what you would hear from a person on a person-to-person level. It was more impactful that he made it seem like we were on the same level."

Powell said that seeing McKesson face to face could change the way that people see the problems facing minorities.

"I think it was well-delivered. I feel like it just opened a lot of people's minds and opened their eyes to a lot of different things," Powell said. "They don't get to hear that side of the story they just hear this stuff on the news instead of coming here and seeing him face-to-face and get that feeling that there really needs to be a change, and I think he showed that."

Brownfield said McKesson's informal speaking style made it easier for students to be curious.

"I thought his speaking style was much more casual and made people feel more at home like they can open up about questions that they had," Brownfield said. "It was impactful because in settings like these I feel like students need to feel like they can have that voice and not be so stern to where they can't open up and be themselves and ask the questions they have."

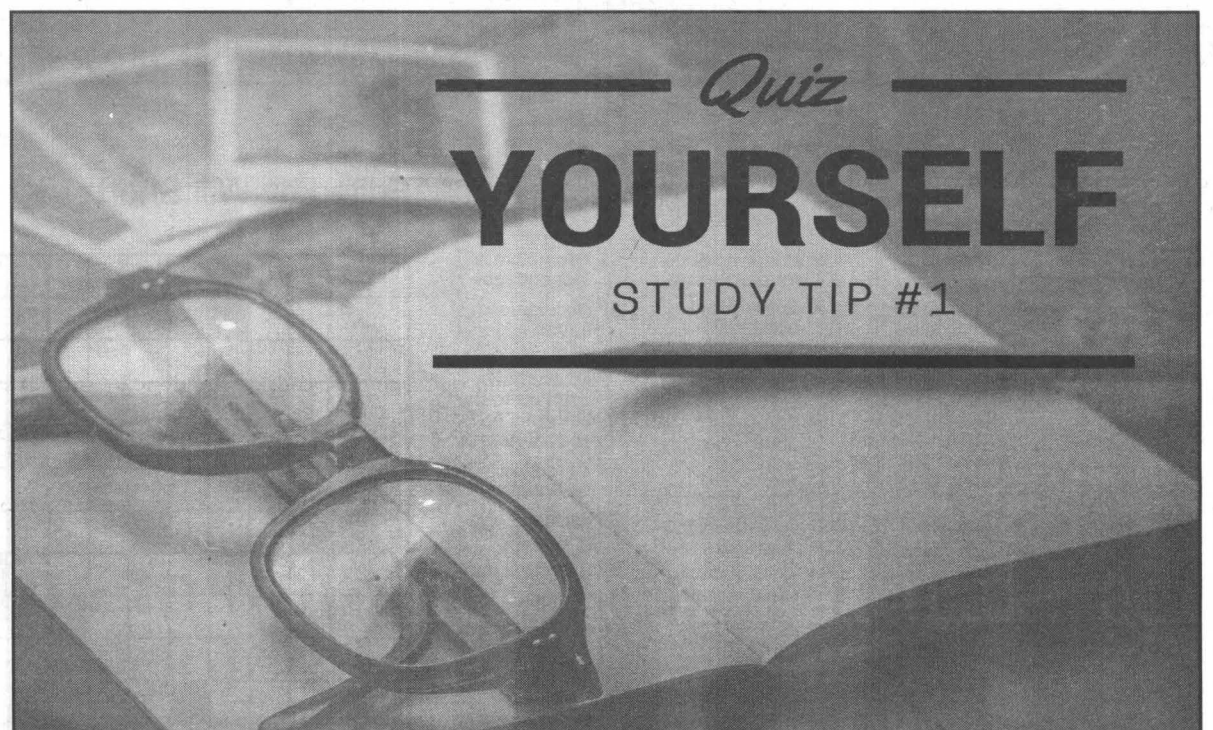
Allison Little can be reached at 581-2812 or aclittle2@eiu.edu.



Access to Springfield, Decatur, Champaign, and more!

RIDES MASS TRANSIT DISTRICT
RMTD

844-718-1882
ridesmtd.com

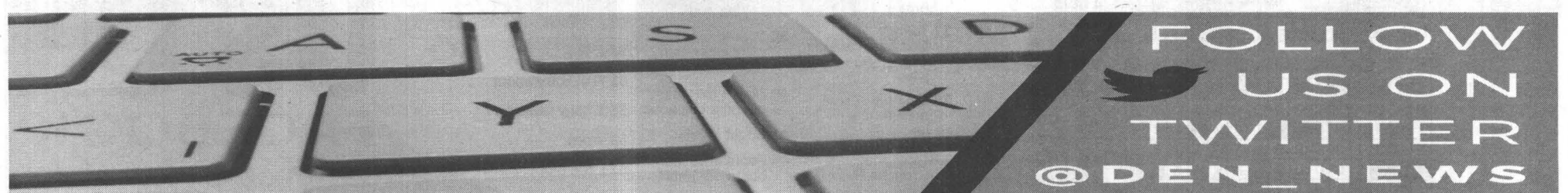


Quiz

YOURSELF

STUDY TIP #1

WHEN YOU CREATE YOUR OWN QUIZ QUESTIONS, YOU BECOME MORE FAMILIAR WITH THE MATERIAL YOU NEED TO STUDY! DO-IT-YOURSELF QUIZZES CAN HELP YOU SET AND MEET EXPECTATIONS.



FOLLOW US ON TWITTER
@DEN_NEWS



OUR WEBSITE IS
www.dailyeasternnews.com

What is Poor Circulation? Circulation is the movement of blood through the body. Being immobile, smoking, and risks that...

Smoothie time



KARINA DELGADO | THE DAILY EASTERN NEWS

Konrad Michalak, a junior secondary English education major, collects money from Thomas Riordan, a freshman special education major, after ordering at Java Coffee Shop in the Martin Luther King Jr. Union. Riordan explains how occasionally he comes to Java and orders a fruit smoothie, a perfect beverage for a warm Monday.

The New York Times Syndication Sales Corporation
620 Eighth Avenue, New York, N.Y. 10018
For Information Call: 1-800-972-3550
For Release Tuesday, October 8, 2019

The New York Times Crossword

Edited by Will Shortz

No. 0903

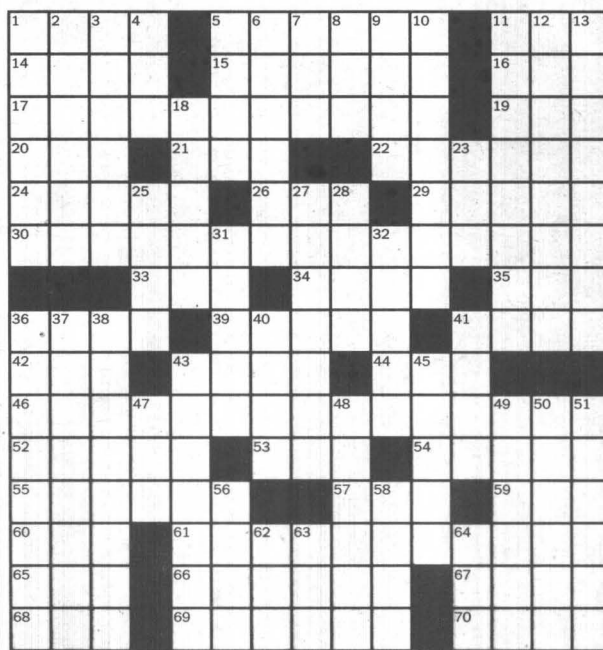
ACROSS

- 1 First word of "A Visit From St. Nicholas"
5 Great
11 Great
14 Film character who says "Named must be your fear before banish it you can"
15 Captivate
16 Card game with a high level of chance
17 Excessively ornate writing
19 Summer setting in K.C.
20 Whitney in the National Inventors Hall of Fame
21 Beverage in a 10-Down
22 Respond to an alarm
24 "Don't judge a book by its cover," for instance
26 Sort
29 Preferred option for proceeding
30 Some sweet cocktails
33 You can take a trip with this without traveling
34 Refuse to acknowledge
35 ___ bran
36 .docx alternatives
39 Long-stemmed mushroom
41 Word that can precede water or war
42 Make a boo-boo
43 Indication of drunkenness
44 One who's mastered the ropes
46 Did something hugely risky
52 Perfectly timed
53 Have
54 What this sign means: 
55 Share, as an old story
57 Bro of sis

- 59 Alternative to .net and .gov
60 Declaration just before a kiss
61 One who catches up eventually ... or a hint to the ends of 17-, 30- and 46-Across
65 ZIP codes, essentially: Abbr.
66 Lacking principles
67 Cathedral part
68 Wedded
69 Slow, medium and fast
70 An "R" in R&R

DOWN

- 1 Universal recipient's category
2 Intended to, informally
3 Rocky's love in "Rocky"
4 One who's a silly fool
5 Ooze
6 Like bills that are overdue
7 Standard based largely on hole length
8 ___ rap
9 Parks who is a civil rights hero
10 Craft beer spot
11 Cowboy
12 Experiencing the first stage of grief, say
13 Took the gloves off
18 Some lenders' holdings
23 Funny Wong



PUZZLE BY EVAN KALISH

- 25 The ___ (gang for a ladies' night out)
27 Tommy ___, Dodgers manager with 1,599 career wins
28 Unusual sexual preference
31 "Skyfall" singer
32 Lines that Groucho Marx is famous for
36 Cheese whose name comes from the Italian for "sheep"
37 Just kept talking and talking and ...
38 Source of added calories in many processed foods
40 Statue that might offend a bluenose
41 Cheat royally
43 Popular Belgian beers, for short
45 "One-man army" of the silver screen
47 Feel sorry about
48 Dire appraisal of a situation
49 ___ foel
50 Exit
51 Feel sorry about
56 Tiffany treasure
58 Woes
62 Little dipper?
63 "Able was I ___ I saw Elba"
64 Sculling implement

ANSWER TO PREVIOUS PUZZLE



Love ^{THE} DEN
follow us on twitter



facebook.com/
theDailyEasternNews/

MEN'S BASKETBALL | ANALYSIS

Perimeter defense is key for men's basketball

By **Dillan Schorfheide**
Sports Editor | @Dill_DENSports

While the offense could certainly be up-and-down at times last season, the Eastern men's basketball team could usually rely on a basket to help its case.

What the Panthers could not rely on, though, was their defense.

Until the second half of the season, Eastern struggled to keep opposing teams out of the lane and from shooting well beyond the three-point line.

These two aspects of defense will be important to watch once the season gets going.

Man or zone defense?

Eastern ranked seventh in the conference last season for scoring defense, giving up 76.8 points per game, according to the OVC website.

With that number, compared to Eastern's 71.8 points per game, the Panthers were at a scoring deficit of five points.

For most of the season, the Panthers ran a man-to-man defense.

The issue the team encountered was that opposing teams scorched the Panthers on the outside.

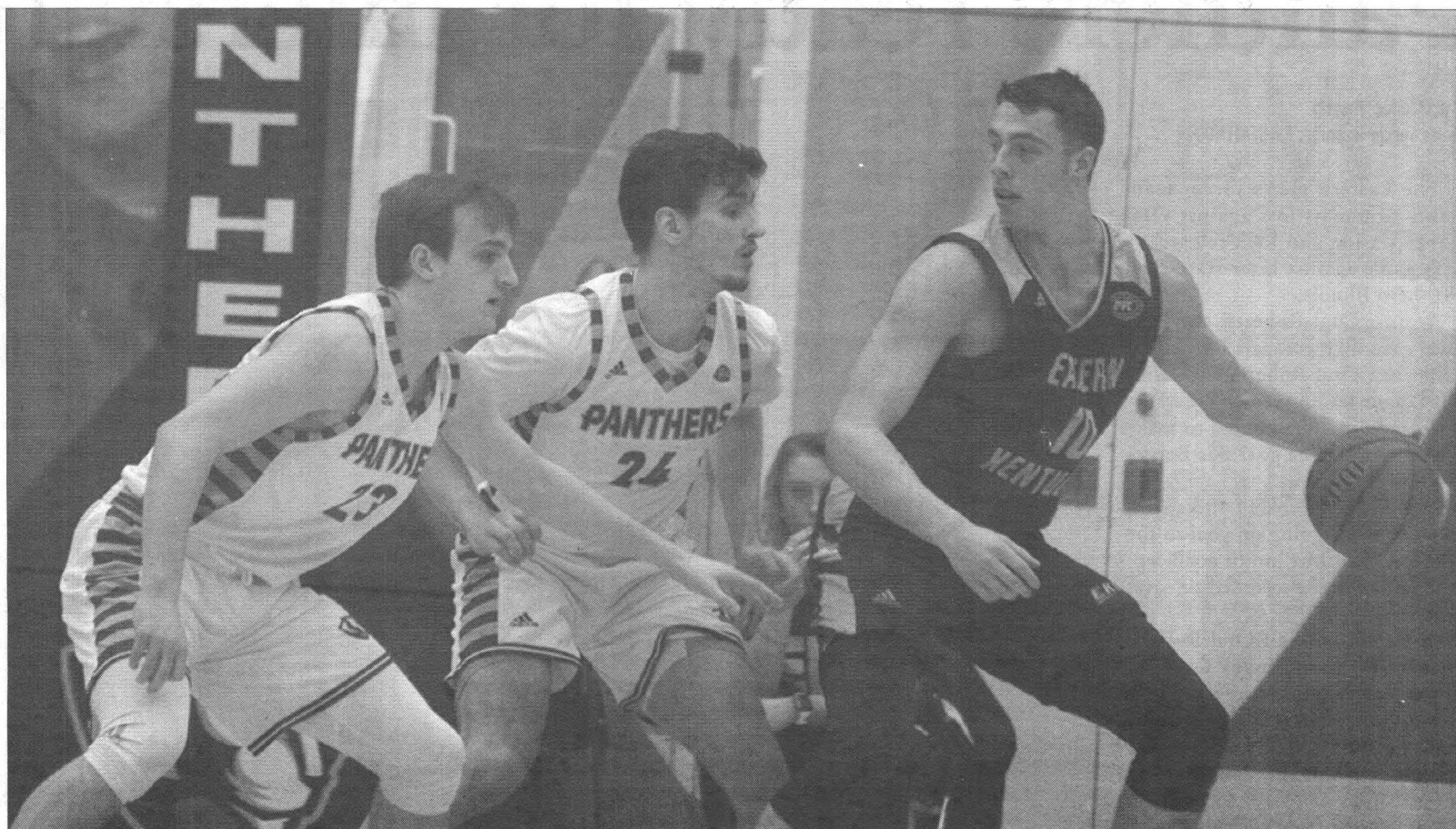
Opposing guards were able to dribble around perimeter Eastern defenders well, which led to them either getting points in the paint or kicking the ball out to perimeter shooters.

Keeping ball handlers in front of them was an issue head coach Jay Spoonhour mentioned at the beginning of the season for his team.

Spoonhour pointed out that his team had that issue in a scrimmage before last season started.

This offseason, the team has been working on its man defense, according to forward Rade Kukobat.

"We've realized that we cannot give up as many threes as we did last year and we've been grinding a lot on the defensive end," he said. "It's a man defense but the effort we are putting is a lot harder and we are going to make it miserable for people."



Ben Harvey (left) and Rade Kukobat (middle) defend Nick Mayo as he backs down in the post, along the baseline. Eastern defeated Eastern Kentucky 67-66 Jan. 31 in Lantz Arena.

In the second half of the season, Spoonhour implemented a hybrid zone/man-to-man defense that saw more success.

The way Eastern utilized this defense was by having perimeter defenders play man-to-man on ball handlers on the perimeter, but inside Eastern defenders did not play man-to-man inside and around the lane.

Whether or not the Panthers utilize this hybrid defense or not to start the season will be a big thing to watch for.

Not allowing threes

Going along with the hybrid defense, not allowing threes, like Kukobat said, will be important for Eastern to help cut down its scoring def-

icit.

The one game where this problem was most apparent was Eastern's 104-60 loss to Fort Wayne Nov. 28.

The Mastodons lit up Eastern from beyond the three-point line, shooting 21-of-37 from three-point range.

Fort Wayne did it by making Eastern's defenders run all over the half court, never being able to get set in front of the Mastodon ball handlers.

A Fort Wayne guard would drive past an Eastern defender, and when a Panther moved over for help in the lane, the guard kicked the ball out to the awaiting perimeter shooter, who made the shot with little contention.

Eastern's defenders, in that game, were running all over the place either trying to help on a drive or trying to catch up with the ball handler, and

they paid the price.

Both the initial defense on the perimeter and in the help were things Eastern needed to fix, and both are things Eastern must be weary of when the season starts.

Help defense is fine and necessary, but Eastern never quite found a way to help without over helping, or help without leaving open shooters.

Everything will start with the perimeter defenders not getting beat to the lane, and with the defense rotating in the proper manner to cover all possible scoring lanes after the initial help defender leaves his spot.

That was one of the big reasons the help defense failed Eastern and left people open: The defender who got beat off the dribble would not recover to his teammates' now open man.

If that initial Eastern defender did recover to his teammates' man, somewhere else another opponent would get open, and Eastern did not recover well to cover him, which lead to the scoring chances for opponents.

Sometimes Eastern had two or even three guys move to provide help defense, which would leave multiple players open for chances to score or further move the ball.

No matter which case it is, Eastern found itself in a mess in help defense, and it showed.

The offense has some things to improve upon this year, but the defense is the thing that demands the biggest improvements going in to this season.

Dillan Schorfheide can be reached at 581-2812 or dtschorfheide@eiu.edu.

**TODAY'S
HELPFUL
HINT**

**Office of Financial Aid &
Scholarships**



East Wing of Student Services Building



(217) 581-6405



finaid@eiu.edu

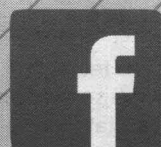
HOURS OF OPERATION

Monday - Friday

9:00 AM - 4:30 PM

LIKE

US ON FACEBOOK:



[.com/theDailyEasternNews/](https://www.facebook.com/theDailyEasternNews/)

Panthers ready for interstate rival

By Blake Faith

Men's Soccer Reporter | @BFAITH0024

The Eastern men's soccer team wants to put its loss against Oral Roberts aside and look toward its next game against inter-state rival Northern Illinois.

Against Oral Roberts, the Panthers gave up a goal late in the first half when Oral Roberts and Summit League leading scorer Reed Berry scored off a quick cross to make the score 1-0. The goal was Berry's ninth of this season.

Oral Roberts took 11 shots with seven of those going on goal in the first half. Redshirt junior goalkeeper Jonathan Burke recorded six saves in the first half.

In the second half Oral Roberts scored early when Tanguy Guerineau took a shot from the top of the box and scored it to make the score to 2-0 in the 52nd minute. Despite being down 2-0 the Panthers did not give up.

On defense, Burke, along with senior Edgar Mesa, freshman Quinn Rechner and freshman Delphy Sabu, kept their composure for the back line.

The defense only allowed two shots the remainder of the game while each of the three defenders controlled their areas.

Burke and Mesa were the lone veterans on the defense going into the season. In 2019, Sabu and Rechner have been integrated into the defense and are playing their roles for the Panther defense.

"I think we are developing very well but there are always areas to improve," Burke said. "Communication is something we are good at but could improve. Being a cohesive unit leading the guys in front of the back line is what we need to work on."

The Panthers, after the loss to Oral Roberts, are 4-5-1 and currently are in fourth place in the Summit League standings. Burke



Jonathan Burke punches a crossed ball away as an attacker misses his header attempt. Eastern defeated IUPUI 1-0 Oct. 1 at Lakeside Field.

currently has 43 saves, a 1.36 goals against average and a save percentage of .7754, which are all inside of the top 5 in the Summit League.

Northern Illinois is 4-6-1 so far in 2019 and has scored 13 goals on the season. Their leading scorer is Nick Markanich with four goals scored.

Against Northern Illinois in 2018 the Panthers lost 2-0 at Lakeside Field.

Northern Illinois shot nine times with seven of those being shots on

the goal. The Panthers shot three times with none of those going on goal.

In 2019 the Panthers have nine goal scorers: junior Davi Giradi, junior Shady Omar, redshirt senior Christian Sosnowski, senior Alex Casteneda, redshirt freshman Munir Sherali, Mesa, redshirt sophomore Cameron Behm, freshman Maxwell Allen and sophomore Nate Francke. Omar is the leading scorer with two goals on the season.

The Panthers have combined for

10 goals with eight of those goals being scored in the second half. The Panthers have had the theme that anyone can play a big role for the team when being held accountable for their actions and work.

"Leading the team is not hard when everyone is taking accountability for their actions and their work," Burke said. "We have plenty of leaders on this team so the standard is always high and what keeps our team drive up."

This year the Panthers will play

their non-conference opponent on the road in Dekalb, Illinois on Tuesday at 3 p.m.

"We are looking forward to our next contest vs interstate rivals Northern Illinois," Burke said. "We always have a battle with them and this game is going to be an important one for us to get some momentum for the big conference game coming up next week."

Blake Faith can be reached at 581-2812 or bmfaith@eiu.edu.

WOMEN'S SOCCER | COLUMN

Women's soccer team can easily keep foot on gas

A six-goal weekend for the Eastern women's soccer team was a huge turnaround after four straight matches without a score, and there is no reason this kind of production cannot continue moving forward.

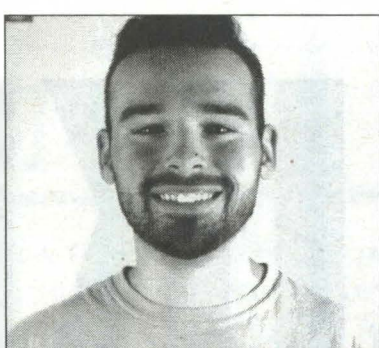
Head coach Jake Plant said for weeks the method behind the offense has been sound, but it just has not showed up on the scoreboard.

The two wins against Jacksonville State and Morehead State, respectively, proved him right, at least temporarily.

Junior forward Pilar Barrio, who recorded a goal and two assists on the weekend, happens to agree.

"I would say that we were being dominant, but we were losing, and that can be frustrating," she said. "But we know what our goals are for the season, so coming into the week, the whole team knew that we didn't have time to be frustrated."

After Sunday's game, Plant said the team's focus and patience is what helped give the spark to the offense, and that is a story that Eastern might be familiar with.



Oscar Rzodkiewicz

Last season, at the start of OVC play, the Panthers boasted just one win in non-conference action, coming against Chicago State, before fighting to a 4-3-3 record in the conference to secure a three-seed in the postseason.

This season, at the start of OVC play, the Panthers boasted just one win in non-conference action against Chicago State before...well, that is yet to be seen.

Finishing scoring chances is all Eastern needed to get back in to the win column after the slow stretch, and senior forward Sarah DeWolf, who posted a goal and an



DILLAN SCHORFHEIDE | THE DAILY EASTERN NEWS

Pilar Barrio piggybacks a teammate, as other teammates run toward her, after she scored Eastern's second goal of its match Sunday. Eastern went on to defeat Morehead State 3-0 at Lakeside Field.

assist across the two matches, said that she knew she could lean on

her team.

"We all worked hard and pushed

each other this week, and it really paid off," DeWolf said. "I also just reminded myself this is my last year and just to go there and have fun playing the sport I love with this great group of girls."

It always helps to have a strong defensive presence, too, and Eastern has seen no shortage of strong play from senior Lindsey Carlson, who also scored the first goal of her college career against Jacksonville State, to junior Victoria Wharton and senior Rachel Papas.

The Panthers have not allowed more than one goal in a game in over a month, and that is also thanks, in large part, to senior Sara Teteak who leads the OVC in saves per game in conference play.

Considering what the team was able to accomplish last year under similar circumstances with a familiar roster and the same type of momentum, Eastern may continue to make a push for a top seed in the OVC tournament yet again.

Oscar Rzodkiewicz can be reached at 581-2812 or orrzodkiewicz@eiu.edu.